

May 2019

# Carver Council on Aging

## What's Inside for May

### "Sing-Along" SINGO! with Jim the DJ Guy

Monday, May 6th, 12:00 noon

"SINGO" the musical bingo has become a big hit. This month will feature the songs you know by heart. Feel free to sing along. Come for lunch and stay for SINGO. It is FREE to play and FUN to win!



### Watercolor Classes with Cindi Walsh

Tuesdays, May 7th, 14th, 21st & 28th, 1:00-3:00

Cost: \$10/class. Please register at 508-866-4698 x3.

### FREE Manicures

Courtesy of the Old Colony Regional Vocational Technical High School Cosmetology Students

Friday, May 17th, 10:00 am to 12:00 am. The service is free but gratuities are appreciated. Call Connie at 508-866-4698 x3 for an appointment.



### GATRA Bus Trip to the Lizzie Borden House in Fall River

Monday, May 20th, 9:00 am to 3:00 pm.

Cost: \$23 (\$18 tour plus \$5 for transportation). Lunch is on your own at a local restaurant. Call Connie at 508-866-4698 x3 to reserve a spot. Seating is limited.

### Meet the Author: Gina Fava

Wednesday, May 22nd at 12:00 noon.

Gina Fava is a local author of award winning short stories and acclaimed novels *The Race* and *The Sculptor*. Her thriller *Formula*, is the much-anticipated sequel to *The Race*. Readers compare her stories to those of Harlan Coben, Lisa Gardner, Lee Child, Dan Brown, and Daniel Silva. Copies of her books will be available for purchase and signing.



Sponsored by the Friends of the Carver COA

**Saturday, May 11th**  
**from 9:00 am – 1:00 pm**

Come find a hidden treasure! Most items will be \$1-\$5!  
All proceeds will go toward future COA activities and events sponsored by the Friends.

*Please come and show your support!*

Carole Julius  
COA Director  
Monday-Thursday  
9:00 am-12:00 pm  
508-866-4698  
cjulius@sailsinc.org

**Council on Aging Hours**  
Monday-Thursday  
9:00 am-3:00 pm  
Friday 9:00 am-Noon  
48 Lakeview St., South Carver

Ron Clarke  
Friends of the Carver  
Council on Aging  
Vice President

*The mission of the Carver Council on Aging is to identify the needs, interests, and concerns of Carver's senior community and in response develop and implement programs and services that address these. The goal of these endeavors is for the senior community to maintain their independent lifestyle with dignity, while enriching their quality of life.*

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## Dial-A-Ride

### Shopping & Dining Trips

**NOTE:** Buses available for "Around Town"  
Errands on Mondays 9AM—2PM

**PLEASE REMEMBER**  
Call our Dispatcher between the hours of 9:00 AM and  
12:00 PM the day before to schedule a seat on the bus.

New  
Destination!

**MEDICAL APPOINTMENTS**  
**TUESDAYS & THURSDAYS**

**\*SAVERS & SUPERMARKET RUNS**  
**WEDNESDAYS**

Walmart (1st & 3rd) .....Plymouth, Morning  
Shaw's (2nd).....Carver, Morning  
\*Savers (4th) .....Plymouth, Morning  
Market Basket (every).....Plymouth, Afternoon  
\*4th Wednesday morning destination subject to change.  
**FRIDAYS**  
Shaw's .....Carver, Morning

### GATRA Bus FAQs

GATRA operates out of the COA and provides transportation to senior and disabled residents.

#### What towns does GATRA provide rides to?

Transportation is provided to the towns adjacent to Carver. Take a GATRA bus to the COA!

#### What is the fee for riding the GATRA bus?

The fee is **\*\$1.75** each way. A book of 10 passes can be purchased for **\$15**. A book of passes makes a great gift for any senior in your life that needs transportation!

**How do I schedule a ride? Call 508-866-4698 x-1**  
Please call **prior to 12:00 pm the day before.**

#### **IMPORTANT:**

**Please call in advance to CANCEL a reservation!**  
**Messages can be left after hours.**

**Please have the address to the location to which you need transportation.**

**Please consider other passengers and limit the number of shopping bags on shopping trips.**

**Please DO NOT call drivers directly.**  
**Thank you your cooperation!**

#### **Closing Due To Weather Conditions**

The Carver COA will be closed and bus services canceled if and when the Carver Schools are closed.

Closing announcements are broadcast on WPLM radio.

#### **Loan Closet**

The COA maintains a "loan closet" for your use and benefit. Canes, walkers, crutches, commodes, wheelchairs and more are available for you to borrow at no charge.

## COA Board of Directors

Colleen Preston -Chair

Alan Germaine

Mary Callahan

Donna Marie Forand -Vice Chair

Helen Marrone -Secretary

Betty Sullivan



### Copies!

The COA will make FREE copies for seniors. Ask a staff member during our regular hours to use this service.

### Veteran's Services

Joseph Hickey, Carver's Veteran's Agent and Director of Veteran's Services can be reached at 508-866-3406.

If you are a veteran and are experiencing problems, call Joseph today!

### Legal Advice

Attorney-At-Law Lawrence L. Hale is available to meet with seniors by appointment only, for free legal advice and counseling. Appointments are available for the second Thursday of each month, starting at 10:00 am. Call the COA office at 508-866-4698 x 3 to make your appointment a week in advance.

### Atwood House Rental

The Nutrition Center at the Atwood House is available for rent on nights and weekends when it's not in use by the Council on Aging. The cost for Carver residents is \$75 for 4 hours of use without the kitchen and \$100 for 4 hours of use with the kitchen. Call the COA office at 508-866-4698 x 4 for more information or to book a party.

### Friends of the Carver Council on Aging

New members are always welcome! Annual membership fee is \$5. Anyone interested in renewing their membership please contact Madeline Joyce or Friends of the Carver Council on Aging, PO Box 72, Carver, Ma 02330.

### Senator Pacheco Office Hours at Carver Town Hall

3rd Monday of every month 1-2 pm. Drop in or call 508-822-3000 or 617-722-1551 to schedule an appointment.

**Wellness Clinic -"Ask the Nurse"**—Julie Tooher, RN from the Visiting Nurse Association of Cape Cod, is here every Tuesday from **10am – 11:30 am** offering FREE blood pressure screenings and 1-on-1 consultations. This service is sponsored by the Carver Board of Health. *Walk-ins are always welcome!*

**Glucose and cholesterol screenings will now be offered on the first Tuesday of each month.**

### Hair Cuts by Donna

Donna Lawrence is available to provide in-home hair cuts by appointment; \$15 for a cut, cut and blow dry \$25. Call 508-866-4698 x3 to make an appointment.

#### **GATRA MINI-BUS**

**Peggy Wood**  
Dispatcher

9:00 A.M.-12:00 P.M.  
Monday through Friday  
**508-866-4698 x 1**

#### **OUTREACH SERVICE**

**Judy Murphy**  
Outreach Worker

9:00 A.M.-2:00 P.M.  
Monday, Tuesday &  
Friday  
**508-866-4698 x 2**

#### **ACTIVITIES**

**Connie Kelly**  
Activities Coordinator  
9:00 A.M.-3:00 P.M.  
Tues., Wed. & Thurs.  
ckelly@sailsinc.org  
**508-866-4698 x 3**

#### **NUTRITION CENTER**

**Dawn Padovani**  
8:00 A.M.-3:00 P.M.  
Mon.-Thurs.  
8:00 A.M.-12:00PM, Fri  
Lunch weekdays at 11:45  
**508-866-4698 x 4**



**Foot Care Clinic– June 6th**

20-30 min. foot care appointments consist of nail cutting, filing, treatment of ingrown nails, smoothing of calluses and corns, as well as a foot massage. The cost is \$29. Call 508-866-4698 x3 for an appointment..

**Chair Yoga Mondays at 10:00 am**

Chair Yoga is held at the COA on Mondays at 10:00 am for \$5/class. Call 508-866-4698 x3 to register.

**Cribbage, Tuesdays at 12:00pm**

Join together with some experienced cribbage players for a few fun rounds of the game.

**Watercolor Classes with Cindi**

**Walsh** Tuesdays, May 7th, 14th, 21st & 28th, 1:00-3:00 **Cost: \$10/class.**

Please register at 508-866-4698 x3

**Rummikub, Wednesdays at 12:00**

Experienced players and beginners are welcome. Drop-in every week.

**Bingo every Thursday, 12:30pm.**

\$5 for a standard pack of games, \$1 for coverall, \$1 for 50/50 coverall.

Exact change is appreciated.

**Coffee with the Chief**

Tuesday, May 14th

10:30am-11:30am

On the 2nd Tuesday of every month meet your Police Chief, Marc Duphily, who is committed to making Carver a safe and caring community. The Chief will listen to any questions or concerns that you may have and will also collect any expired, outdated, or unused prescription drugs.

**Free Oil and Acrylic Painting Classes with Jim Collins**

Oils: Tuesdays at 1:00 pm

Acrylics: Wednesdays at 5:00 pm

Please register at 508-866-4698 x3.

**SINGO with Jim the DJ Guy**

The First Monday of Every Month

Monday, May 6th at 12:00 noon

**Tim Van Egmond****"Hats Off to Seniors"  
Sponsored by the Carver  
Cultural Council**

**Wednesday, May 29th  
12:00 noon**

Join us in the Nutrition Center of the Carver COA for entertaining stories, songs, and poems celebrating the wit, wisdom, and spirit of seniors.



Massachusetts Cultural Council

*This program is supported in part by a grant from the Carver Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency.*

The first Wednesday of each month will be **"Welcome Wednesday"**.

On these days anyone new to the COA can come in for a personal tour and get answers about activities and services.

Call ahead to Connie at 508-866-4698 x3.



*The COA Needs Substitute  
Meals on Wheels Delivery Drivers  
1 to 2 mornings per week starting at 9:00 am.  
Deliveries take approximately 2 hours.  
Drivers will need to pass a CORI.  
Please call Dawn in the Nutrition Center  
at 508-866-4698 x4.*

**Basket Weaving with Patty Batson**

Tuesdays, May 7th & 21st &

Fridays, May 3rd & 17th, 9:30 am

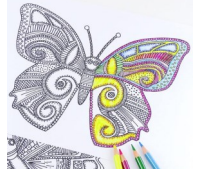
\$25 for the 2 week project. Call 508-866-4698 x3 to register.

**Adult Coloring Butterfly Magnets**

Wednesday,

May 8th at 9:30 am

Fun, butterfly magnets to color with markers or color pencils. Drop in.

**Genealogy Club**

Wednesday, May 15th at 9:30 am

Meetings are lead by Marianne Prescott and take place on the third Wednesday of each month.

**Free Manicures**

*Courtesy of the Cosmetology Students of Old Colony Regional Vo-Tech High School*

Friday, May 17th, 10:00 -12:00

Please call Connie at 508-866-4698 x3 for an appointment.

**GATRA Bus Trip to the Lizzie Borden House Fall River**

Monday, May 20th, 9:00-3:00

**Cost: \$23** (\$18 tour + \$5 bus)

Please call 508-866-4698 x3 to reserve a spot. Seating is limited.

**Beaded Dragonfly Craft**

Wednesday, May 22nd at 9:30 am

Create this decorative symbol of spring with wire and colorful beads. Please register at 508-866-4698 x3.

**Meet the Author:**

**Gina Fava**



Wednesday,

May 22nd, 12:00

Discover what inspires local author, Gina Fava, to write her popular thrillers. Copies of her books will be available for purchase and signing.

**SHANE GIVES THANKS FOOD PANTRY HOURS**

128 Main Street, 508-866-7673

Tues./Thurs./Fri. 9am-1:30 pm

Mon./Wed./Sat. closed

Sun. 9am-11 am

Home Delivery Available to homebound residents.

**MEALS ON WHEELS**

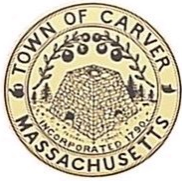
The COA provides Meals on Wheels Monday thru Friday for homebound elders. Call the Nutrition Center at 508-866-4698 x 4 **Daily Cost: \$3.00**

**SHINE Program**

**Health Insurance Counseling**

Contact: Maureen Drilling  
Carver Council on Aging  
Lakeview & Tremont Streets.  
508-866-4698 x 4





**Most Tuesdays but please call for an Appointment**



CARVER COUNCIL ON AGING  
P.O. BOX 618  
SOUTH CARVER, MA 02366

Return Service Requested

Std Lts  
U.S. Postage PD  
#37  
Carver, MA 02330

 <b>MAY 2019</b> 						
SUN	MON	TUE	WED	THU	FRI	SAT
			<b>1</b> Rummikub 12:00 Acrylic Painting 5:00	<b>2</b> Footcare Appts. BINGO 12:30	<b>3</b> Basket Weaving 9:30 Yoga @ CPL	<b>4</b>
<b>5</b>	<b>6</b> Chair Yoga 10:00  12:00 noon	<b>7</b> Visiting Nurse 10:00-11:30 Glucose Cholesterol Baskets 9:30 Watercolors 1:00 Oil Painting 1:00	<b>8</b> Adult Coloring Butterfly Magnet 9:30 Rummikub 12:00 Acrylic Painting 5:00	<b>9</b> Atty. Hale Appts. BINGO 12:30	<b>10</b> Yoga @ CPL	<b>11</b> Friends of the COA White Elephant Sale 9:00-1:00
<b>12</b>	<b>13</b> Chair Yoga 10:00	<b>14</b> Visiting Nurse 10:00-11:30 Coffee with the Chief 10:30 Watercolors 1:00 Oil Painting 1:00	<b>15</b> Genealogy 9:30 Rummikub 12:00 Acrylic Painting 5:00	<b>16</b> BINGO 12:30	<b>17</b> Basket Weaving 9:30 Yoga @ CPL	<b>18</b>
<b>19</b>	<b>20</b> Chair Yoga 10:00 GATRA Bus Trip To Lizzie Borden House 9:00-3:00	<b>21</b> Visiting Nurse 10:00-11:30 Baskets 9:30 Watercolors 1:00 Oil Painting 1:00	<b>22</b> Beaded Dragonfly 9:30 Meet Author Gina Fava 12:00 noon Acrylic Painting 5:00	<b>23</b> BINGO 12:30	<b>24</b> Yoga @ CPL	<b>25</b>
<b>26</b>	<b>27</b> 	<b>28</b> Visiting Nurse 10:00-11:30 Watercolors 1:00 Oil Painting 1:00	<b>29</b> Tim Van Egmond "Hats Off to Seniors" 12:00 noon	<b>30</b> BINGO 12:30	<b>31</b>	